

Fizzle Sizzle Stir Fry

Makes: 6 Servings

"I first encountered stir-fry in my seventh grade foods and nutrition class during our Asian unit. I loved it right away," says Eva. "Therefore, I decided to create my own stir-fry recipe. I did loads of research and found out some pretty cool stuff. This has been a great experience for me. Who knew eating healthy could taste so good...or be so fun!"

Ingredients

- 1 cup** dry brown rice
- 3 tablespoons** canola oil
- 1 1/2 pounds** boneless, skinless chicken breast, cut into bite-sized pieces
- 3 cups** kale, stems removed and leaves torn into bite-sized pieces
- 1 cup** edamame, shelled
- 2 cups** frozen California medley or any frozen mixed vegetables
- 1/2 cup** peas
- 1 can** sliced water chestnuts
- 1/2** red bell pepper, sliced into bite-sized pieces
- 1** (2-inch) piece fresh ginger, peeled and minced
- 4 cloves** garlic, peeled and minced
- 6** green onions (scallions), chopped into 1/2-inch lengths
- pinch** crushed red pepper flakes
- 1/2 cup** tamari
- 1/4 cup** sweet Asian chile sauce
- 1/2** cup chopped peanuts (optional)

Directions

1. **In a medium stockpot**, combine 1 1/2 cups water with the rice and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for 20 to 30 minutes, or until tender. Set aside.



Nutrition Information

Nutrients	Amount
Calories	540
Total Fat	19 g
Saturated Fat	2 g
Cholesterol	70 mg
Sodium	704 mg
Total Carbohydrate	51 g
Dietary Fiber	8 g
Total Sugars	8 g
Added Sugars included	2 g

2. **Meanwhile, in a wok or large sauté pan,** heat the canola oil over medium-high heat. Add the chicken, and sauté, turning, for about 6 minutes, or until cooked through. Add the kale and cook for about 2 minutes, or until the kale is cooked down. Add the edamame, California medley, peas, water chestnuts, bell pepper, ginger, garlic, and green onions, and cook for 3 minutes. Add the cooked rice, red pepper flakes, tamari, and chile sauce and mix thoroughly. Sprinkle on chopped peanuts as a garnish (optional). Serve with a smile.
- The 2015 Healthy Lunchtime Challenge Cookbook